MANTRA MEDITATION

DHYAN (ध्यान)

A Journey from Within to Beyond

Science • Spirituality • Transformation

> AWARENESS IS THE KEY.
> **Mantra is the tool,**
> **Silence is the goal.**

WHAT IS DHYAN?

धी = मनन

(Reflecting, contemplating, exploring, immersing within)

यान = A dynamic vehicle

" ध्यान " is state of deep awareness, an art of turning your attention from the outer world to the inner world.

It is not concentration but a journey from thinking to Being, from noise to silence, from restlessness to inner peace.

A STRUCTURED COURSE IN DHYAN

Our step-by-step program is designed to help you experience the depth of awareness and bring lasting transformation.

STRUCTURED COURSE IN DHYAN

VISIT OUR WEBSITE

WWW.RAVISHRIVASTAV.IN

CLICK HERE

WHY DHYAN?

- CALMS THE MIND
- HEALS THE HEART
- RAISES CONSCIOUSNESS
- IMPROVES FOCUS
- EXPERIENCES ONENESS

Close your eyes. Turn within.

Discover the infinite within you.